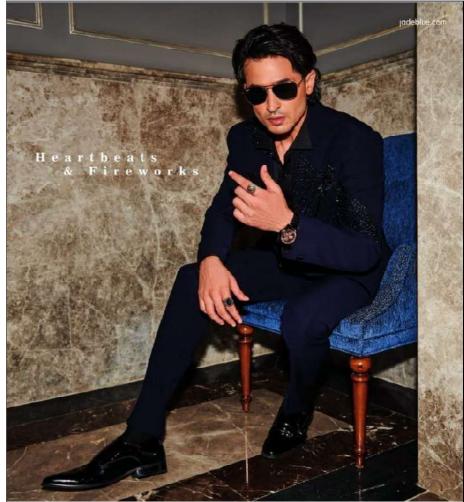


Commonwealth Day @ Buckingham Palace

The Commonwealth is a voluntary association of 56 independent countries, almost all of which were formerly under British rule. They make up a remarkable organisation which remains a major force for change in the world today. Each year, Commonwealth Day provides a day for member nations to celebrate all that they have achieved, individually and together.

Every year, The King, as Head of the Commonwealth, releases a message to the people of the Commonwealth, setting out his thoughts on the challenges faced by member nations, and the organisation's achievements and strengths. This year, His Majesty spoke of the need to work together for peace and to defend human rights. The day marked the launch of a unique project: 'The King's Music Room', which offers an exclusive insight into His Majesty's relationship with music from around the Commonwealth – including artists stretching from 1930s crooners to Afrobeats stars, as well as disco divas and reggae icons.



Members of the Royal Family came together to attend the service which focused on this year's theme of 'Together we Thrive' which celebrates the enduring spirit of the Commonwealth family.

During the Service there were performances from Masai Cultural Arts team, an African arts organisation; Britain's Got Talent 2015 semi-finalists, Braimah and Jeneba Kanneh-Mason, siblings of Antiguan and Barbudan heritage; The first Master of The King's Music, Errollyn Wallen, and Samoan soprano, Aivale Cole; and Joan Armatrading CBE.

Following the service, The King officially launched the inaugural King's Baton Relay from the quadrangle of Buckingham Palace. This marked the 18th official Commonwealth Games relay, and His Majesty's first as King. During the event, His Majesty placed a message for the Commonwealth Games into the Baton, which was then sealed by three-time Paralympic champion and two-time world champion in track cycling, Kadeena Cox. The King's message will remain inside the Baton until the Opening Ceremony.

___Modern heritage weddings _____ знакичны ј зонта ј кикта ј икос иказтаки ј зоонтикиз Hyderobad: Road no. 1, Bonjaro Hills Fobrica & bespoke tailoning oroiloble Guarat Rojashan hune Madhya hoden hyderobad Charlisgarh peesterad



WHAT YOU WEAR MATTERI

March, 2025





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Appointments

Post of Deputy Secretary held by Shruti Singhal (IRAS: 2011) has been re-designated as Director, National Recruitment Agency for a period up to 23.05.2028. Her deputation tenure is w.e.f. 24.05.2023.

Aditya Pratap Singh (IPS: 2011: MP) has been appointed as Director in the Ministry of New & Renewable Energy for a period of five years.

Smitha Mol M S (IAS: 2013: TR) has been appointed as Deputy Secretary in the Ministry of Civil Aviation for a period of four years.

Laya Madduri (IAS: 2010: AM) has been appointed as Director in the Department of Economic Affair for a period of five years.

Prakash Rajpurohit (IAS: 2010: RJ) has been appointed as Director in the Department of Economic Affair for a period of five years.

Masroor Ahmad (IA&AS: 2015) has been appointed as Deputy Secretary in the Department of Economic Affairs for a period of four years.

Praveen Singh Adhayach (IAS: 2012: MP) has been appointed as Private Secretary to the Minister for Agriculture and Farmers Welfare and Rural Development Shivraj Singh Chouhan at the level of Deputy Secretary for a period of five years.

Salil Kumar (IOFS: 2007) has been appointed as Director in the Ministry of Youth Affairs for a period up to 20.11.2027.

P Shiva Sankar (IAS: 2011: MH) has been appointed as Director in the Department of Rural Development for a period of five years.

Deepak Kumar (ISS: 2013) has been appointed as Deputy Secretary in the NITI Aayog for a period of four years.

Aashwita Lal (IRS IT: 2008) has been appointed as Director in the NITI Aayog for a period of five years.

Madhu Rani Teotia (IAS: 2008: AGMUT), Addl CEO (JS level), National Health Authority (NHA), has been prematurely repatriated to her parent cadre to take over as Secretary to Delhi CM.

Deputation tenure of Anuradha Thakur (IAS: 1994: HP), Additional Secretary, Ministry of Corporate Affairs, has been extended for a period of one year i.e. up to 24.03.2026.

Post of Deputy Secretary held by Kaushlendra Pratap Singh (Indian Trade Service: 2011) has been re-designated as Director, Ministry of Defence for a period up to 12.02.2028. His central deputation tenure is w.e.f. 13.02.2023

Tenure of Shobhit Gupta (IRSEE: 2000, Joint Secretary, Ministry of Civil Aviation, has been extended for a period of two years beyond 01.03.2025.

Tenure of Sandhya Bhullar (IAS: 2003: GJ), Joint Secretary, Department for Promotion of Industry & Internal Trade, has been extended for a period of two years beyond 23.02.2025.

Tenure of Dharmendra Kumar Singh (IA&AS: 2000), Joint Secretary, Department of Defence, has been extended for a period up to 30.09.2025.

Sandeep Kumar Singh (IAS: 2011: AGMUT), Private Secretary to Minister for Culture & Tourism Gajendra Singh Shekhawat, has been prematurely repatriated to his parent cadre.

Tenure of Niraj Kumar Gayagi (IDAS: 1997), Joint Secretary, Department of Justice, has been extended for a period of three months beyond 06.04.2025

Prashant Sharma (IAS: 2012: UP) has been appointed as General Manager (Region), Food Corporation of India, Lucknow for a period of three years.

Tenure of Adil Zainulbhai as Chairperson (part-time) of Capacity Building Commission (CBC) has been extended for a period w.e.f. 19.03.2025 till 30 04.2025

Anuj Kumar Singh (IRSEE: 2009) has been appointed as Joint Secretary (Director level) in the Union Public Service Commission for a period of five vears

Kavita Jalan (IPS: 2003: OD), DDG, BCAS has been appointed as Inspector General, Central Reserve Police Force for a period of three years.

Md Salik Parwaiz (IRS C&IT: 2009) has been appointed as Director in the Ministry of Micro, Small & Medium Enterprises for a period of five years

Chhaya Sharma (IPS: 1999: AGMUT) has been appointed as Inspector General/Director in Bureau of Police Research & Development (BPR&D) for a period of five years.

the Centre

IAS officers Prasanna R & Sushma Chauhan have been assigned new roles at the Centre.

IAS officer Prasana R (CG:2004) has been appointed as Joint Secretary, Ministry of Home Affairs. He will be serving on his new post from the date of assumption of the charge of the post, for a tenure of five years, or until further orders, whichever is earlier vice Ashutosh Agnihotri, IAS (AM:99).

On the other hand, IAS officer Sushma Chauhan (UT:2009) has been posted as Joint Secretary, Ministry of Home Affairs. Now on her new post she will be serving from the date of assumption of the charge of the post, for an overall tenure of 5 years upto 07.12.2027, or until further orders, whichever is earlier vice BC Joshi, IOFS (1992).

Raghav Langer & Jyoti Yadav shifted at the Centre



IAS officers Raghav Langer & Jyoti Yadav have been reshuffled with new responsibilities at the Centre. A year 2009 batch IAS officer Raghav Langer (UD) has been appointed as Secretary, National Medical Commission (NMC) (JS level), under the Department of Health & Family Welfare. He will be serving on his new post from the date of assumption of the charge of the post, for a combined tenure of 7 years upto 03.10.2025, or until further orders, whichever is earlier vice Sandhya Bhullar, IAS (GJ:2003).

On the other hand, a year 2009 batch IAS Jyoti Yadav (UD) has bee deputed as Joint Secretary, National Health Authority (NHA), under the Department of Health & Family Welfare. She will be serving on her new position from the date of assumption of the charge of the post, for a combined tenure of 7 years upto 13.06.2026, or until further orders, whichever is earlier.

Satinder Kumar Bhalla & Madhup Vyas receive new responsibilities at the Centre



Chauhan reshuffled at entrusted with new roles at

IAS officers T Mithra & Pradeep Kumar Jha have been assigned new roles at the Centre.

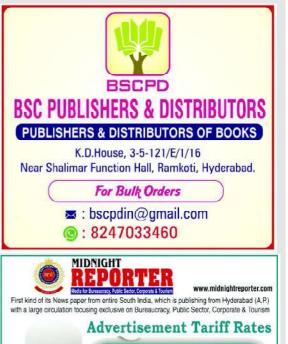
IAS officer of year 2009 batch T Mithra (KL) has been posted as Director (Census Operations) (JS level), Kerala, Office of the Registrar General and Census Commissioner, India, under the Ministry of Home Affairs. T Mithra will be serving on the new post from the date of assumption of the charge of the post, for an overall tenure upto 31.12.2025, or until further orders, whichever is earlier. The appointment given to her via temporarily upgrading the post held by the officer from Director level to Joint Secretary level.

On the other hand, IAS officer Pradeep Kumar Jha (MN) has been appointed as Joint Secretary, Ministry of Housing and Urban Affairs.

Anuradha Thakur granted extension in central deputation tenure

IAS officer Anuradha Thakur has been given extension in her central deputation tenure.

The Appointments Committee of the Cabinet has approved the extension in central deputation tenure of IAS Anuradha Thakur. Now with the order from the competent authority IAS Thakur will be serving one more year on her current position. A year 1994 batch senior IAS officer Anuradha Thakur (HP) is at present serving as Additional Secretary, Ministry of Corporate Affairs. for a period of one year beyond 24.03.2025 i.e. up to 24.03.2026 or until further orders, whichever is earlier.



Vineet Brij Lal (IPS:2001: AP) has been appointed as Inspector General in Central Reserve Police Force (CRPF) for a period of five years.

Manish Srivastava (IOFS: 2009) has been appointed as Director in the Ministry of Home Affairs for a period of five years.

Rajesh Kumar T (ICoAS: 2016) has been appointed as Deputy Secretary in the Ministry of Home Affairs for a period of four years.

Amran Faroog (JKPS:2008) has been appointed as Superintendent of Police (SP) in CBI for a period of four years.

Mugdha Kaur Jaggi (IDAS: 2009) has been appointed as director in the Department of Pension & Pensioners Welfare for a period of five years.

P Kavin Mahraj (IOFS: 2011) has been appointed as CVO, VO Chidambaram Port Authority (VoCPA) for a period of three years.

Vijay Singh (IFoS: 2011: MP), Deputy Secretary, Department of Agriculture and Farmers Welfare (DA&FW), has been re-designated as Director in the same ministry for a period up to 27.11.2029.

Vismita Tej (IRS IT: 1990), Additional Secretary, Ministry of Coal, has been repatriated to her parent cadre to avail benefit of promotion.



ITS Satinder Kumar Bhalla & IAS Madhup Vyas have been assigned new administrative roles at the Centre, A year 1992 batch senior Satinder Kumar Bhalla has been deputed as Secretary, North Eastern Council Secretariat under the Ministry of Development of North Eastern Region. He will be serving on his new post from the date of assumption of the charge of the post, for a tenure upto the date of his superannuation on 31.07.2028, or until further orders.Simultaneously, a year 2000 batch UT cadre IAS officer Madhup Vyas, has been designated as Deputy Election Commissioner (DEC), Election Commission of India.

	Category	Size	Per Edition
	Ear Panel (for 12 Editions)	10×6	₹20,000 ₹2 Lakh
	Sky BUS (Front Page)	24x5	₹ 50,000/-
-	Full Page	24x38	₹ 2 Lakh
1	Hall Page	24x19	₹1 Lakh
	Quarter Page	12X19	₹ 50,000/-
	Sky Bus (Inner Page)	24x5	₹ 25,000

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Corridors of Power



Tourism Policy 'On Screen' The Telangana government has introduced the Telangana State Tourism Policy 2025-2030, aiming to establish the state as a premier tourist destination and boost its economy. The policy focuses on developing tourism infrastructure, attracting investments, and promoting cultural, eco, and wellness tourism. For the first time, Telangana has a structured tourism policy with a clear roadmap. The Chief Secretary Shanti Kumari is all set to take this policy on the world map, whereas a high level meeting was held with high rank officers for its execution.



Job Fair For Women ! Good Initiative

Good initiative....! Mega Job Fair for Women! Rachakonda Police in collaboration with Rachakonda Security Council hosted a Mega Job Fair exclusively for women to empower careers and create new opportunities across various sectors.Over 50 companies have participated in the job fair offered more than 500 job opportunities in industries such as IT/ITES, pharma, hospitality, retail, manufacturing, nursing, core engineering, hotel management and education. DGP Dr.Jitender attended the event as a chief guest and appreciated the initia-tive, he applaud Rachakonda CP G.Sudheer Babu and the team for planning such wonderful event. Hundreds of women's have benefited with the opportunity.

Koshish Karne Walo Ki Kabi Haar Nahi Hoti !



Well-known poet Harivansh Rai Bachchan's famous poem 'kuch kiye bina hi jai jaikar nahi hoti, koshish karney walo ki haar nahi hoti'. Many times the poet son and the Actor Amitabh . Bachchan have presented above lines.Very inspiring ! Coming back to the news Hyderabad police chief & DG CV.Anand is one officer who always tries his level best for the best outcome. Doesn't gives up and always achieves the desired results.After hectic 15 days assembly budget session,

the Kotwal is seen inspecting in old city at midnight during jagne ki raat. This shows his dedication !And again the task of Ugadi & Eid ul Fitr. Very tough , but Mr.Anand is dealing with full josh ! Man on mission ! The above poem lines suits to his caliber and capability. Koi shak !!

Say No To Betting Apps



TGSRTC Managing Director VC.Sajjanar is in talk for raising concerns about the harmful impact of online betting apps, stating they were ruining many lives. Impact is, now many influences and celebrities has surrendered and started supporting the cause. Appreciations ! "There is nothing wrong with having aspi-

rations, but greed can only ruin our lives. Do not fall for false claims as they are clear signs of cheating and fraud," he said. Now, the impact is the both governments have also taken betting apps seriously and started the drive against betting apps.



Ek Bharat Shrestha Bharat

Bihar State Formation Day celebrated at the Raj Bhawan through a colourful programme by the people from Bihar as a part of Ek Bharat Shrestha Bharat. In the picture Telangana Governor Jishnu Dev Varma attended the event, the event followed by the cultural programs. In an another event Governor also participated in the inauguration of Bhagwan Sri Ramkrishna Janma Mahoutsav and Ramkrishna Mela, celebrating the 190th Birth Anniversary of Sri Ramkrishna Paramhansa at Viveknagar, Ramkrishna Mission.



Happy Holi

The festival of colors Holi has been celebrated with enthusiasm and joy. The staff and the officers of US consulate had fun, the video of holi celebrations from the consulate is very attractive. In the clip US Consul General Jennifer Larson can also be seen with the staff during festival celebrations. Good one !



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What A Masterpiece

The UK Dy. Commissioner Gareth Wynn Owen visited Warangal. In his post he mentioned , "Last time I visited the stunning 1000 Pillars temple in Warangal ,the site was under renovation. Great to see this Kakatiya period masterpiece back to its beautiful best. " Amazing !!



Meeting Of The Month

Turkey Consul General Orhan Yalman Okan had a meeting with Mounika Reddy , Founder of Mounika Charitable Foundation at Turkey Consulate. Mounika is into social welfare and many needy ben-efited from the Foundation in last years. It was a fruitful talk.

Extension of Tenure as **Honorary Consul General** of the Republic of Kazakhsta

NVS Reddy & Other 177 Retired Officers

Terminated



The Hyderabad Metro Rail Limited (HMRL) MD, NVS Reddy, is among 177 retired officers who were terminated from services by municipal adminis-tration & urban development (MAUD). NVS Reddy worked as managing director of Hyderabad Metro Rail since its formation in 2007. Some of the other key officers removed from services were HMWSSB executive director M Satyanarayana, TG RERA joint collector S Sathaiah, and HMDA chief engineer BLN Reddy, who was named in formula e-race case has already quit the posts. As per the memo issued by MAUD, all special chief secretar-ies and principal secretaries of the secretariat departments were directed to terminate the services.

The Ministry of Foreign Affairs of the Republic of Kazakhstan has extended the tenure of Dr. Nawab Mir Nasir Ali Khan as the Honorary Consul General of the Republic of Kazakhstan in Hyderabad for Telangana and Andhra Pradesh, India, for an additional five years, until January 2030. This esteemed appointment recognizes Dr. Khan's outstanding contributions to strengthening bilateral relations be-tween Kazakhstan and India. His leadership has been instrumental in advancing cooperation in trade, investment, education, tourism, and cultural exchange, fostering greater collaboration and economic growth between the two nations









Public Sector

Power Minister Inaugurates GRIDCON 2025



Union Minister of Power and Housing & Urban Affairs, Manohar Lal inaugurated GRIDCON 2025 – The International Conference cum Exhibition today at IICC, Yashobhoomi, Dwarka, New Delhi in the august presence of Hon'ble Union Minster of State for Power & New & Renewable Energy, Shripad Yesso Naik.

The event organized by Power Grid Corporation of India Limited (POWERGRID) from 9th-11th March 2025 is being held under the patronage of Ministry of Power and in association with CIGRE, India. GRIDCON 2025 inaugural event witnessed a galaxy of professionals from the field of power sector from across the globe. R.K. Tyagi, CMD, POWEGRID along with the directors and senior officials from Ministry, POWERGRID and other power sector PSUs were also present during the function.

GRIDCON 2025 is a premier event in the power sector, for industry, utilities, professionals, researchers, and academicians across the globalto shape the future of renewable integration, grid resilience, asset management, and digital transformation.

It will witness more than 2000 conference delegates, 150 technical papers, 150 exhibition companies, 30 country representatives. With the theme "Innovations in Grid Resilience" the conference will focus on new technologies, infrastructure, and smart solutions that can revolutionize the way we generate, transmit, distribute, and consume energy

NMDC Marks International Women's Day



On the occasion of International Women's Day, Hybiz TV organized the 6th Edition of Women's Leadership Awards 2025 in Hyderabad. At the ceremony, Smt. G. Priyadarshini, NMDC's newly appointed Director (Personnel), was felicitated under the category of Government Service for her exceptional contributions to leadership and governance.

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Continuing the momentum of International Women's Day celebrations, NMDC hosted a mental health talk at its Head Office on the same day. The

session featured Dr. C. Manjula Rao, a renowned Clinical Psychologist from Apollo Hospitals, Hyderabad, as the guest speaker. The talk centered around women's mental health and overall well-being, emphasizing the vital role of resilience and self-empowerment. Vishwanath Suresh, Director (Commercial), NMDC also addressed the gathering.

Vikas Kaushal Assumes Charge as CMD, HPCL



Vikas Kaushal has assumed charge as the Chairman & Managing Director of Hindustan Petroleum Corporation Ltd. (HPCL), a Maharatna Oil Company,

Vikas Kaushal is a seasoned global leader with over three decades of experience in the energy domain. A Chemical Engineering graduate from DCET, Panjab University, he holds an MBA from the Indian Institute of Management, Ahmedabad.

Kaushal started his career with ICICI Limited in Project Finance and Advisory Services before transitioning into global management consulting. Since 2000, he has

been associated with A.T. Kearney, where he played a pivotal role in expanding the firm's business in India. As a Partner for over 17 years, he led several high-impact initiatives, including serving as the Global Leader for Energy and Process Industries, where he managed a portfolio of major global energy clients, including international oil and gas majors. He also held the role of Managing Director and Country Head for A.T. Kearney India for five years and was Chairman of India Business until recently.

BEL gets Rs 2,906 crore IAF order

REC Signs ¹ 18,360 Cr MoU with Govt. of Kerala

March, 2025



REC Limited, a Maharatna CPSE under the Ministry of Power and a leading NBFC, has signed an MoU with the Energy Management Centre (EMC), Government of Kerala, for collaboration and financing of Pumped Storage Projects (PSP) in Kerala. The MoU was signed during the Global Green Hydrogen & Renewable Energy Summit 2025.

Under this agreement, REC intends to finance ¹ 18,360 crore in the PSP segment in Kerala over the next five years.

The MoU was exchanged by Saurabh Rastogi, Executive Director, REC, and Dinesh Kumar, Joint Director, EMC, during the summit. The signing took place in the presence of K R Jyothilal, IAS, Additional Chief Secretary (Power), Government of Kerala; M. Udaya Kumar, CPM, REC, Kerala, along with other dignitaries from EMC and the Kerala government.

The Government of Kerala is organizing the Global Green Hydrogen & Renewable Energy Summit in Kochi on March 12-13, 2025. The event is supported by the Kerala State Electricity Board (KSEB) and the Energy Management Centre (EMC).

The Energy Management Centre is an autonomous organization under the Department of Power, Government of Kerala.

NTPC Bongaigaon Receives National Recognition for Energy Efficiency NTPC Bongaigaon -750 MW (3×250



ing performance and sustainable power generation. Rakesh Kumar, A1GM (EEMG), received the award on behalf of NTPC Bongaigaon. The station remains focused on adopting advanced technologies and best practices to enhance efficiency and contribute to the nation's energy goals.





The Neyveli Chapter of Women in Public Sector (WIPS), celebrated International Women's Day-2025, with the theme "For all Women and Girls: Rights, Equality, Empowerment", today, on 11.03.2025, with a grand presence of more than three hundred attendees at Learning & Development Centre of NLCIL.

MW) has been awarded the Public Sector Utility – National Energy Efficient Team

title at the National Efficiency Awards

2025. The award, conferred by

the Mission Energy Foundation during

the 7th Annual Reducing Net Heat Rate

Conference & Awards in Goa, recognizes

the station's excellence in improving en-

tinction in the more than 100 MW category,

demonstrating its commitment to optimiz-

NTPC Bongaigaon achieved this dis-

ergy efficiency.

Prasanna Kumar Motupalli, CMD, NLCIL, pre-

sided over the function which had three eminent women personalities – Chief Guest KasthuriRajamani, the first woman from Tamil Nadu to represent India in para powerlifting at international events, Guests of Honour, Prof.Dr.SengamalaiThayar, Kalaimamani Award winner of Puducherry in 2017 and P. Jayanthi, the first women worker at a crematorium and recipient of the Kalpana Chawla Award by Government of Tamil Nadu. Radhika Motupalli, President, Ladies Club &Sneha Opportunity Services, DivyaSuman, Tmt. ChitraVenkatachalam and Tmt. AnurekhaGovindarajan, graced the occasion and offered their felicitations.

NHPC organizes 'Vasant Utsav 2025'



NHPC, India's 100% renewable energy company, grandly organized 'Vasant Utsav 2025' on March 08.03.2025 at the NHPC Residential Complex, Surajkund, Faridabad. The programme

As part of the government's efforts to strengthen indigenous defence capabilities, the Ministry of Defence on Wednesday signed a Rs 2,906 crore deal with Bharat Electronics Limited (BEL) for the procurement of low-level transportable radar, LLTR (Ashwini). LLTR (Ashwini) is an active electronically scanned phased array radar based on state-of-the-art solid state technology.

The radar is capable of tracking aerial targets from high-speed fighter aircraft to slow moving targets such as Unmanned Aerial Vehicles and helicopters. Its acquisition will significantly enhance the operational preparedness of the Indian Air Force, according to an official statement. The radar is indigenously designed and developed by Electronics & amp; Radar Development Establishment, DRDO as part of the Aatmanirbhar Bharat goal.

The contract was signed here in the presence of Defence Secretary Rajesh Kumar Singh. The programme is a major step towards achieving self-reliance in defence manufacturing by reducing dependency on Foreign Origin Equipment Manufacturers besides acting as a catalyst for the development of defence industrial ecosystem in the country, the official statement said.

This is the second order placed with BEL after the company declared additional orders worth Rs 577 crore last week for airborne electronic warfare products, advanced composite communication system for submarines, doppler weather radar, train communication system, radar upgradation, spares and services. The total accumulated orders received by BEL during the current financial year have now gone up to an impressive Rs 16,630 crore.

Faridabad. The programme was inaugurated by Bhanu Bharti, President, NHPC Mahila Kalyan Samiti. NHPC celebrates the Vasant Utsav to welcome the arrival of spring and to showcase the richness and diversity of Indian culture.

R.K. Chaudhary, CMD, NHPC addressed the occasion extending his heartfelt congratulations and best wishes for 'Vasant Utsav 2025'. He said that spring is not just a season but a harbinger of new energy, new hopes and new possibilities. He further stated that the day was even more special as it coincided with International Women's Day. On this auspicious occasion, he said, "I salute the power of women and extend my heartfelt wishes to all on International Women's Day. Women are not only the foundation of families but also play a crucial role in the progress of society, nation and humanity as a whole." In his address, Chaudhary also highlighted NHPC's ongoing projects and future plans. On this occasion, a booklet titled 'Hausle Ki Udaan' was also released by R.K. Chaudhary, CMD, NHPC, which showcases the struggles and achievements of NHPC's specially-abled employees. On this occasion, Rajendra Prasad Goyal, Director (Finance), NHPC, Uttam Lal, Director (Personnel), NHPC, Sanjay Kumar Singh, Director (Projects & Technical), NHPC along with members of the NHPC Mahila Kalyan Samiti including Gayatri Goyal, Mona Lal and Garima Singh were also present.



Anxiety is linked to gut health: Could probiotics help treat it?



The gut microbiota refers to the microorganisms that live in the gut.

A narrative review recently published in the journal Nutrients sought to look at data on changes in the gut microbiota in people with anxiety disorders and on how probiotics may help improve anxiety symptoms. The results suggest that there are changes like less microbial diversity that occur in people with anxiety disorders. Additionally, probiotics may help adjust the gut microbiota and improve anxiety symptoms.

What is the link between gut health and anxiety?

Through this review, researchers wanted to understand more about changes in the gut microbiota among people with anxiety disorders.

They note that anxiety disorders are some of the most common mental disorders. This makes understanding body changes and identifying ways to help critical.

Researchers conducted a literature search for studies relevant to the topic that were published at any time and written in English. Their review had randomized controlled trials and clinical studies with participants with anxiety disorders.

The examined studies suggested that people with anxiety disorders experienced distinct changes in gut microbiota.

One study found that participants with generalized anxiety disorder had a lower diver-sity of microorganisms. Participants also had less richness of microorganisms, higher levels of certain bacteria, and lower levels of "bacteria that produce short-chain fatty acids," which have been linked to many different aspects of health

This study also found that even after participants experienced remission of anxiety, the gut changes remained, indicating the changes may affect generalized anxiety development. Another study found distinct decreases in certain bacteria and increases in others among participants with generalized anxiety disorder. The increases in certain bacteria were related to how severe the anxiety was, while others were associated with anxiety reduction. Other research used Mendelian randomization and found five bacterial traits that

might increase the risk for anxiety disorders, and four that may decrease the risk. The review also highlighted a study that reflected on the changes in gut bacteria, noting a "complex relationship between gut microbiota, inflammatory and genetic factors, and the development of anxiety disorders."

There was also research noting the differences in microbiota between individuals with depression and those with generalized anxiety disorder, which further suggested that looking at the gut microbiota could help determine if someone has a depressive or an anxiety disorder

Another study identified specific microbes and a metabolite that could help determine the severity of an individual's depressive symptoms.

Finally, the review cited research that found similar gut microbiota compositions for healthy controls, participants with functional gastroenteropathy (a complication of diabe-

tes), and participants with functional gastroenteropathy and generalized anxiety disorder. However, they did find a few differences, such as higher levels of *Clostridium* microorganisms in participants who had anxiety and functional gastroenteropathy. Gut microbiota and anxiety: Underlying mechanisms

The review authors wrote that "[s]everal biological mechanisms underpin the connec-

tion between bacterial presence/absence in the gut and anxiety symptoms." For one, the gut-brain axis connects the gut microbiota and central nervous system. Helpful bacteria like *Lactobacillus* help produce the neurotransmitter gamma-aminobutyric acid (GABA) This neurotransmitter helps control people's stress response and anxiety. A decrease in the bacteria that produce GABA may be related to worse anxiety symptoms. Imbalances in the gut microbiota can also contribute to systemic inflammation. Chronic inflammation may then contribute to brain function changes and increased anxiety. Furthermore, people with generalized anxiety tend to have increases in inflammatory markers, which could be because of gut microbiota changes.

Vitamin A can't prevent measles. What this supplement actually does



The United States has recently been experiencing a significant measles outbreak, which has expanded to 12 states and affected over 220 people as of March 7. Currently, there is one confirmed death and one under investigation.

Recent statistics show that the latest rise in cases has been concentrated around western Texas and New Mexico. Beyond the outbreaks in those two states, measles cases have also been reported in California, New York, and Maryland. The Centers for Disease Control and Prevention (CDC) warned travelers to be vigilant as spring break begins.

Measles has traditionally been a well-controlled infectious disease, bar a few surges. The U.S. experienced two major measles outbreaks in the last few decades, namely the Minnesota outbreak of 2017 and the Indiana outbreak of 2005. Both events were fuelled by undervaccination.

Robert F. Kennedy Jr., the U.S. Secretary of Health and Human Services, has said vitamin A, found in supplements such as cod liver oil, as well as the steroid budesonide and the antibiotic clarithromycin

have shown "good results" in helping treat measles. Although the CDC lists vitamin A as a potential treatment for measles, the agency still recommends vaccination as the best defense.

To learn more about measles, whether vitamin A supplements help, and what people can do to protect themselves and their community, *Medical News Today* spoke to two experts: an infectious disease specialist and a pediatrician — Monica Gandhi, MD, MPH, an infectious disease specialist with the University of California, San Francisco, and Danelle Fisher, MD, FAAP, board certified pediatrician at Providence Saint John's Health Center in Santa Monica, CA.

Can vitamin A prevent or treat measles?

'Vitamin A is a fat-soluble vitamin that helps with vision as well as the functioning of the immune system. It is found in many common foods, including eggs, cheese, fish, milk, and orange and green veg-etables," Fisher explained.

Both experts said vitamin A provided no such benefit as a preventive measure but that the disease itself can cause vitamin A deficiency and make symptoms more severe. "While it does help the immune system, Vitamin A does not help protect against infectious diseases like measles. When someone has measles virus, their body can have Vitamin A deficiency. In that condition, treatment with two oral doses of Vitamin A can be helpful," Fisher said. "It is true that severe Vitamin A deficiency did lead to more severe outcomes with measles in the past. A Cochrane review showed that two doses of Vitamin A should be given to children (especially those under the age of 2 years old) with severe measles, and the World Health Organization recommends two doses of Vitamin A in adults and children with measles," Gandhi explained. How to protect yourself against measles

Fisher underscored that the only effective prevention against measles is vaccination.

'[V]itamin A is used when a patient already has measles and is not a [preventive] measure. Therefore, there is no indication in this era (where we get plenty of Vitamin A in the diet) to take Vitamin A to prevent measles," Gandhi said.

"The best way to prevent measles is to get vaccinated for measles, especially if you are in an area where the outbreak is occurring (West Texas, New Mexico). [If] you haven't been vaccinated before, get your hildren vaccinated too, as children can experience very severe cas of measles," she added.

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Certain helpful gut bacteria produce short-chain fatty acids that then affect neurotransmitter activity and help decrease neuroinflammation.

Finally, the gut microbiota helps to regulate the hypothalamic-pituitary-adrenal (HPA) axis.When there are imbalances in the gut bacteria, this axis may increase activity too much, and people can thus experience worse anxiety symptoms.

How probiotics may help treat anxiety symptoms Licensed psychotherapist Noah Kass, DSW, LCSW, who did not participate in this review, told Medical News Today that it "reinforces the connection between gut flora and psycho-logical distress" and "suggests that certain probiotic treatments, especially Lactobacillus strains, may help individuals with anxiety-related disorders.

The review authors noted that taking supplements like probiotics, using certain spices, and eating fruits and vegetables encourages the growth of helpful gut microbiota while stopping the growth of damaging microorganisms. Using certain products can also help people develop good dietary habits that help pre-

vent and improve symptoms of emotional disorders.

Vitamin A and cod liver oil: What to know

Gandhi said that cod liver oil contains vitamin A, vitamin D, and fatty acids, making it a more complex supplement.

"Cod liver oil contains high amounts of Vitamin A and Vitamin D. These are fat-soluble vitamins that can accumulate in the body if too much is ingested and cause Vitamin A toxicity," said Fisher. Although experts believe most people will meet their daily re-

quirements via diet, some people may need supplements to ensure they get their daily dose.

The recommended daily vitamin A intake depends on age. Babies and children need less (approximately 300 mcg) versus adults, where women should take 700 mcg daily, and men should take 900 mcg daily said Fisher.

"In resource-rich countries like the United States, most people can consume the recommended daily allowance from their diets. Only certain populations, including premature infants or people with diseases that could interfere with dietary absorption, including those with celiac disease or Crohn's disease, to name a few," she added.

MIDNIGHT REPORTER



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BP.Acharya's Book Of Cartoon Released By Governor Of Odisha

Dr.K Haribabu, Governor of Odisha released the second edition of BP Acharya's book of cartoons 'Obtuse Angle' at Kalinga Literary Festival at Bhubaneswar . The book captures the bureaucratic journey of retired IAS officer BP Acharya through cartoons and makes delightful reading. Gajendra Shekhawat Union Minister for culture was also present on the occasion



ARK Group felicitates young cricketer G.Trisha

ARK Group felicitated G.Trisha for her standout performer in the recently concluded Under-19 T20 World Cup, at a ceremony in Hyderabad.

A trusted name in residential, industrial and infrastructure projects, ARK Group is known for its craftsmanship, innovation, and commitment to sustainability. Through ARK Foundation, it has supported Trisha from Bhadrachalam, Telangana, for the past six years, playing a key role in her

cricketing journey. The 19-year-old was felicitated by ARK Group Chairman and Managing Director Gummi Ram Reddy at a special event attended by Indian badminton legend Pullela Gopichand, former Indian cricketer and chief selector MSK Prasad, IAS (Retd.) Dr.B.Janardhan Reddy and other dignitaries.

Trisha, extended her gratitude to ARK Group for the continuous support and encouragement. "I am deeply grateful to Ark Group for believing in me, supporting me and empowering my journey, especially grateful to Gummi Ram Reddy sir, he has motivated me very much over the years in multiple meetings.





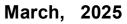
Mr.Joy Alukkas Conferred With Doctorate

Joy Alukkas , Chairman, Mr. Joy Alukkas, has been conferred with the esteemed Doctor of Literature (Honoris Causa) by Chitkara University in recognition of his outstanding contributions to entrepreneurship, business excellence, and philanthropy. This honor is a tribute to his remarkable journey and the values that define him—hard work, integrity, and an unwavering commitment to excellence. We express our sincere gratitude to Chitkara University for this prestigious recognition and for their dedication to empowering the next generation of leaders. We deeply appreciate the warm hospitality of Chancellor Dr. Ashok K Chitkara, Pro-Chancellor Dr. Madhu Chitkara, Vice-Chancellor Dr. Sandhir Sharma, and Pro Vice-Chancellor Dr. Cavita Taragi.



Dr.Vipin Goel Represented India On A Global Platform

Big happening ! Dr. Vipin Goel, the Clinical Director and HOD, Surgical oncology, Star Cancer Center, Hyderabad and Founder and Managing trustee at Lala Madan Mohan Trust has been invited by the Government of India to represent the nation on a global platform. Yes, the Dr.Goel got the privilege of collaborating with the Indian Ambassador on strengthening healthcare in Africa. He told from sharing advanced surgical techniques to fostering partnerships, India can play a key role in Africa's healthcare growth.More than discussion, it's about creating a global impact and building a healthier future beyond borders.





Kazakhstan CG Releases MR's Feb Edition

Midnight Reporter's Fabulous February edition is out with bang released by Mr.Dr. Nawab Mir Nasir Ali Khan, Honorary Consul General of the Republic of Kazakhstan, Hyderabad, Telangana and Andhra Pradesh. Click the link for epaper :

https://midnightreporter.com/ February 2025.pdf



Honors for SC Design Studio

Good news from SC Design Studio ! In the picture well-known interior designer Sona Chatwani is with honor memento. It's a news that SC Design Studio have received the honors

At Bangalore in the category of professional excellency interiors south India !!

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Holi khele raghuveera....!

Holi khele raghuveera, avadh main holi khele raghuveera... The festival of colors HOLI has been celebrated throughout the state with full to masti and joy.Many organizations and societies has planned a get together during the festival, where couples and kids have enjoyed a lot. Music , dance and Holi songs, Holi khele raghuveera , was always a highlight one. In the colorful picture fashion designer Hitesh Jashnani and Yoga guru Jyoti Jashnani can be seen.

The Golden Tea Kettle @ Café Niloufer

Café Niloufer has unveiled its 9th outlet in Hyderabad and the biggest tea café in India -Cafe Niloufer at Hitec City

A standout attraction is the massive 2ton 'Niloufer's Kettle of Love,' a striking installation chronicling the cafe's rich heritage and timeless journey

Nestled in Tower 2, Orbit Building, Raidurgam, the newest Café Niloufer spans an impressive 40,000 sft., making it the largest tea café in India with the capacity to welcome over 700 guests at a time, the press release said



hub n home



This Miami Installation Offers A Tribute To The Ndebele Tribe



It was a year of milestones for the week-long affair collectively known as Art Basel Miami Beach/Design Miami. The latter celebrated its 20th anniversary, featuring some 45 international galleries under the theme Blue Sky, emphasizing imaginative concepts. Outside the convention center where it's held, a jewelry-themed installation did just that. It was part of "Pearl Jam" by 34-year-old architectural and urban designer Nicole Nomsa Moyo, the cluster of interactive, boldly hued pearl trees a tribute to the Ndebele, a tribe in South Africa, where she was raised, and the winner of the Miami Design District's Design Commission, itself in its 10th edition. "Pearl Jam," Nomsa Moyo says of the title, "symbolizes a fusion of heritage and artistic evolution, the 'pearl' representing women like me in Ndebele culture and their timeless artistry in jewelry, clothing, and architecture, the 'jam' conveying a dynamic reimagining that yields a new form of cultural art." Those new forms appear all over town: in Paradise Plaza as giant pearls of recycled aluminum, as earrings of South African-sourced glass beads dangling from trees, and as a large de-constructable necklace, aka a modular bench, in the Palm Court that stands near the site's iconic Buckminster Fuller dome. "The installations," adds Nomsa Moyo, who's

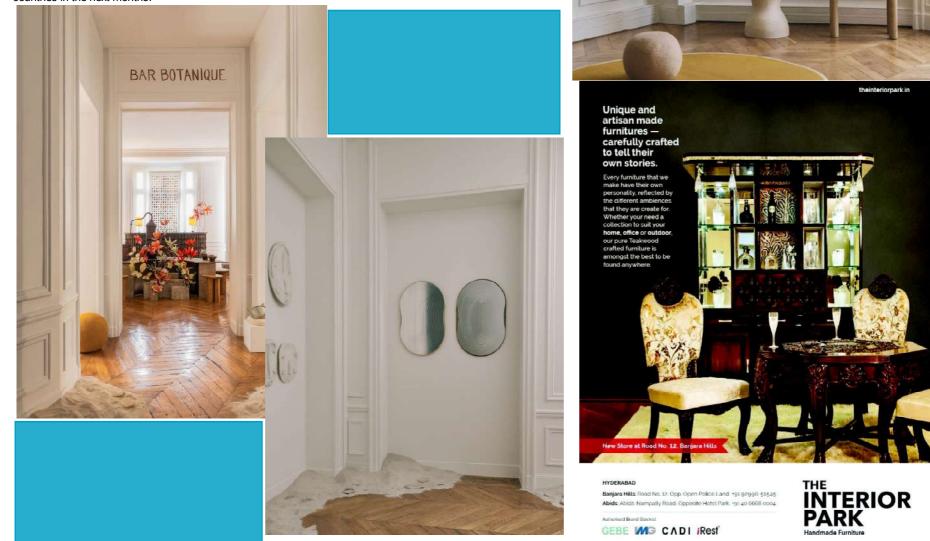
now based in Toronto, where she moved after earning her master's in architecture from Carleton University in Ottawa, "reflect the power of art to transform spaces and connect people."

Zimbabwe-born designer Nicole Nomsa Moyo is the founder of the Toronto-based studio Good Urban Design. The modular, 16-foot-diamater Necklace is part of "Pearl Jam," her multipart installation that won the annual Miami Design District's Design Commission. It stands before Buckminster Fuller. Fly's Eye Dome, 1979/80-2014 in the Palm Court through the summer and is constructed of foam, fiberglass, and polyurea coating, hand-painted in a pattern inspired by the architecture of the Ndebele, a South African tribe.

The Stars Align In This Interactive Art Installation In Paris

Offering an avant-garde experience and new interactions with objects and furniture, the installation "Cosmos and Matter" forces us to take another look at the different facets of our interiors in a splendid Haussmann apartment in the heart of Paris. Born out of the Sustainable Design Association, founded in 2021 by Hélène Aguilar, and cocurated with entrepreneur Marie-Cassandre Bultheel, the project aims to promote virtuous practices in the design world. "We want to introduce a new art de vivre that takes care of the future while being deeply imbued with ancestral knowledge and wisdom," says Bultheel.

Filled with pieces created by innovative designers, artisans and artists who use natural materials with low environmental impact, the 2,690-square-foot ephemeral installation can be experienced barefoot. Visitors explore a variety of sensations in a sensory journey that leads to 10 scenes in different rooms: the Botanic Bar, Table of the Living, Moon Lounge, Sun Lounge and Cosmic Soundscape room. "This place is more than a showroom or a gallery," says Bultheel. "Here, a new aesthetic of luxury is expressed through reconnection, sustainability and harmony." Although this first iteration is on view in the French capital until Feb. 16, 2025, the ambition of "Cosmos and Matter" goes far beyond. Bultheel and Aguilar aim to bring the exhibition-in different forms-to other cities and countries in the next months





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सुनीता विलियम्स की 9 माह स्पेस नए युद्ध की आहटः 59 चीनी युद्धक विमान कैद व वापसी की कहानी पहुंचे ताइवान के करीब



Boeing द्वारा निर्मित Starliner अंतरिक्ष यान नासा के सबसे महत्वाकांक्षी प्रोजेक्ट्स में से एक था, लेकिन इसकी तकनीकी खामियों और बार–बार की देरी के कारण यह एक बड़ी चुनौती बन गया। इस अंतरिक्ष यान ने NASA की अंतरिक्ष यात्री सुनीता विलियम्स और बुच विल्मोर को उनकी निर्धारित 8 दिन की मिशन अवधि से 9 महीने अधिक स्पेस स्टेशन पर रोके रखा। 5 जून 2024 को लॉन्च हुए इस मिशन में कई बाधाएं आईं, जिसके कारण आखिरकार SpaceX के ड्रैगन कैप्सूल के जरिए दोनों को मार्च 2025 में पृथ्वी पर लौटना पड़ा। 18–19 मार्च 2025 को ड्रैगन कैप्सूल के जरिए सुनीता और बुच सुरक्षित पृथ्वी पर लौटना पड़ा। वे फ्लोरिडा के तट पर लैंड हुए, जहां नासा के वैज्ञानिकों और डॉक्टरों ने उनकी जांच की। इस मिशन में 286 दिन (लगमग 9 महीने) की अतिरिक्त देरी हुई ।

NASA ने अक्टूबर 2011 में Boeing को Starliner नामक स्पेसक्राफ्ट बनाने का कॉन्ट्रैक्ट दिया''। इसका मकसद था, अमेरिकी अंतरिक्ष यात्रियों को अंतराष्ट्रीय स्पेस स्टेथन (ISS) तक भेजने के लिए एक सुरक्षित और भरोसेमंद प्रणाली विकसित करना । लेकिन, इस प्रोजेक्ट में लगातार देरी होती गई।

Starliner की पहली उड़ान से लेकर समस्याओं तक की पूरी कहानी

 पहली मानवरहित उड़ान (2019): जब यान गलत ऑर्बिट में चला गया। 20 दिसंबर 2019 को Starliner की पहली ऑर्बिटल टेस्ट फ्लाइट (OFT-1) लॉन्च की गई। लेकिन उड़ान में सॉफ्टवेयर गड़बड़ी के कारण यान गलत ऑर्बिट में चला गया और ISS से डॉकिंग नहीं हो पाई । दो दिन बाद इसे न्यू मैक्सिको के व्हाइट सैंड्स मिसाइल रेंज में उतारा गया। इस दौरान नेविगेशन सिस्टम और टाइमिंग एरर का भी पता चला।

2. दूसरी मानवरहित उड़ान (2022): श्रस्टर फेल हुए, फिर भी NASA ने आगे बढ़ाया। अगस्त 2021 में उड़ान की तैयारी के दौरान स्पेसक्राफ्ट के 13 प्रोपल्शन वॉल्व फेल हो गए। Boeing ने पूरे सिस्टम की मरम्मत की और 19 मई 2022 को OFT-2 उड़ान भरी। लेकिन इस बार भी ऑर्बिटल मैन्यूवरिंग और एटीट्यूड कंट्रोल श्रस्टर्स फेल हो गए। किसी तरह 22 मई 2022 को ISS से इसे जोड़ा गया । 25 मई 2022 को यह स्पेसक्राफ्ट वापस धरती पर आया लेकिन नेविंगेशन सिस्टम और ळै सैटेलाइट से कनेक्शन टूट गया ।

8 दिन की यात्रा 9 महीने लंबी हो गई

तीसरी मानवयुक्त उड़ान की योजना (2017 से 2024 तक देरी) :2017 में NASA ने Starliner की पहली मानवयुक्त उड़ान (Crew Flight Test) की घोषणा की । लेकिन इसमें लगातार देरी होती रही। 2023 में लॉन्चिंग की योजना बनाई गई, लेकिन एटलस रॉकेट के ऑक्सीजन वॉल्व में खराबी के कारण इसे टाल दिया गया। मई 2024 में हीलियम लीक की वजह से लॉन्चिंग फिर रुकी। अंततः 5 जून 2024 को सुनीता विलियम्स और बैरी बुच विल्मोर को Starliner के जरिए अंतरिक्ष में मेजा गया। उन्हें 8 दिन बाद 13 जून 2024 को लौटना था लेकिन तकनीकी खराबियों के कारण यह मिशन 9 महीने लंबा हो गया ।

रूस-यूक्रेन युद्ध में शांति की ओर कदम !



रूस और यूक्नेन ने बुधवार को कहा कि उन्होंने 175–175 कैदियों की अदला-बदली की है। दोनों देशों के बीच तीन वर्ष पहले शुरू हुए युद्ध के बाद यह पहली बार है जब इन देशों ने इतनी बड़ी संख्या में कैदियों की अदला बदली की है। यूक्रेन के राष्ट्रपति वोलोदिमीर जेलेंस्की ने कहा, ''हम सशस्त्र बलों, नौसेना, नेशनल गार्ड, प्रादेशिक रक्षा बलों आदि में सेवाएं देते हुए हमारी स्वतंत्रता के लिए लड़ाई लड़ने वाले सैनिकों, सार्जेंट और अधिकारियों को वापस ला



ताइवान ने चीन के बढ़ते सैन्य खतरे के बीच 5 दिवसीय तेज प्रतिक्रिया अभ्यास (Rapid Response EÛercise) शुरू किया है, जिसमें सैनिकों को किसी भी हमले की स्थिति में तुरंत कार्रवाई के लिए प्रशिक्षित किया जा रहा है। यह अभ्यास ऐसे समय में हो रहा है जब चीन लगातार ताइवान को बलपूर्वक अपने नियंत्रण में लेने की धमकी दे रहा है।

> चीन ने ताइवान पर बढ़ाया दबाव बीजिंग ने हाल ही में ताइवान के

आसपास 59 युद्धक विमान और नौसैनिक जहाज तैनात किए, इसे ताइवान की स्वतंत्रता समर्थक नीतियों के लिए सजा करार दिया। चीन बार-बार यह संकेत दे चुका है कि अगर ताइवान ने स्वतंत्र राष्ट्र बनने की दिशा में कोई कदम उठाया, तो सैन्य कार्रवाई की जाएगी। ताइवान के रक्षा मंत्री की सख्त चेतावनी

ताइवान के रक्षा मंत्री चिउ कुओ-चेंग ने आगाह किया कि चीनी सेना पहले से कहीं ज्यादा तेजी से हमला कर सकती है, हमें हर समय तैयार रहना होगा।

उन्होंने कहा कि चीन की सैन्य गतिविधियां तेजी से आक्रामक हो रही हैं और ताइवान को अपनी सुरक्षा को और मजबूत करने की जरूरत है।

राजधानी ताइपे की सुरक्षा कड़ी

चीन के संभावित हमले से बचने के लिए ताइवान ने अपनी राजधानी ताइपे में एंटी-लैंडिंग बैरियर (Anti&Landing Barriers) स्थापित किए हैं। इसके अलावा, देशभर में मिसाइल रक्षा प्रणाली को मजबूत किया जा रहा है ताकि किसी भी आकस्मिक हमले का तुरंत जवाब दिया जा सके। ताइवान सरकार का कहना है कि यह सैन्य अभ्यास उनकी रक्षा क्षमताओं को मजबूत करने और चीन के किसी भी संभावित हमले से निपटने के लिए किया जा रहा है। चीन के बढ़ते सैन्य दबाव के बीच ताइवान सतर्क हो गया है और हर हाल में अपनी सुरक्षा सुनिश्चित करने के लिए तैयार है।

भारतीय पेशेवरों के लिए खुथखबरी !



अमेरिका की नागरिकता एवं आव्रजन सेवा ने घोषणा की है कि फिस्कल ईयर 2026 के लिए H&1B वीजा पंजीकरण प्रक्रिया 7 मार्च 2025 से शुरू होगी। इस बार 24 मार्च 2025 तक इच्छुक आवेदक पंजीकरण करा सकते हैं। USCIS ने बताया कि इस बार चयन प्रक्रिया को और अधिक पारदर्शी और निष्पक्ष बनाने के लिए नई सुधारात्मक प्रणाली अपनाई गई है। H&1B वीजा की अमेरिका में उच्च मांग रहती है, खासकर IT और इंजीनियरिंग क्षेत्र में काम करने

वाले भारतीय पेशेवरों के लिए।

हर साल हजारों भारतीय इस वीजा के जरिए अमेरिका में नौकरी के अवसर तलाशते हैं। USCIS के अनुसार, इस बार की चयन प्रक्रिया 2026 फिस्कल ईयर के लिए होगी। अमेरिका में कई टेक कंपनियां और बहुराष्ट्रीय संस्थान भारतीय पेशेवरों पर काफी निर्मर हैं, जिससे यह वीजा खासकर आईटी और स्वास्थ्य सेवाओं से जुड़े लोगों के लिए बहुत महत्वपूर्ण है। USCIS ने बताया कि इस बार पंजीकरण शुल्क 215 डॉलर होगा, जो पिछले वर्षों की तुलना में अधिक है।

चयन प्रक्रिया और ऑनलाइन सूचना

 – 24 मार्च तक पंजीकरण करने वाले आवेदकों में से लॉटरी प्रणाली के जरिए चयन किया जाएगा।

– चयनित आवेदकों को उनकी यूएससीआईएस ऑनलाइन अकाउंट के जरिए नौकरी प्रस्ताव और अन्य विवरण भेजे जाएंगे।

– यदि पर्याप्त संख्या में उम्मीदवार नहीं चुने जाते, तो दूसरी लॉटरी आयोजित की जा सकती है।

हालांकि, यह बदलाव आवेदन प्रक्रिया को अधिक पारदर्शी और सुरक्षित बनाने के लिए किया गया है। पिछले वर्षों में फर्जी पंजीकरण और धोखाधड़ी के कई मामले सामने आए थे, जिनमें कुछ कंपनियां कई नामों से आवेदन करके चयन प्रक्रिया को प्रभावित करने की कोशिश करती थीं। बताया गया कि इस बार एक ही व्यक्ति के नाम पर किए गए कई आवेदन अमान्य कर दिए जाएंगे, जिससे सभी आवेदकों को समान अवसर मिलेगा ।

अब ब्रिटेन में अवैध भारतीय प्रवासियों पर ट्टा मुसीबतों का पहाड़ !

अमेरिका के बाद अब ब्रिटेन यानि यूनाइटेड किंगडम (यूके) भी अवैध प्रवासियों के खिलाफ बड़े पैमाने पर कार्रवाई कर रहा है। हाल ही में यूके की लेबर सरकार ने अवैध प्रवासियों के खिलाफ विशेष अभियान शुरू किया, जिसमें भारतीय रेस्तरां, नेल बार, करियाना स्टोर और

रहे हैं।'' यूक्रेनी नेता ने मंगलवार को कहा था कि सभी युद्धबंदियों और पकड़े गए नागरिकों	कार वॉश जैसे छोटे व्यवसायों को निशाना बनाया गया। इस अभियान के तहत 828 स्थानों
को रिहा करना शांति की दिशा में एक महत्वपूर्ण कदम होगा और इससे दोनों देशों के बीच	पर छापेमारी की गई, जिसमें 609 लोग गिरफ्तार हुए। इनमें सबसे ज्यादा संख्या पंजाबी
विश्वास बहाली में मदद मिलेगी। उन्होंने कई बार सभी कैदियों की अदला–बदली की मांग की	प्रवासियों की है, जो स्टडी या टूरिस्ट वीजा पर यूके पहुंचे थे और वीजा अवधि समाप्त होने
थी। यूक्रेन ने कैदियों की अदला–बदली किए जाने की जानकारी ऐसे वक्त पर दी है जब अस्थायी	के बाद अवैध रूप से वहां रह रहे थे।
संघर्ष विराम के बारे में बातचीत जारी है। दोनों युद्धरत देशों की उत्तरी सीमा के निकट यह	यूके सरकार की सख्ती के चलते अब तक लगभग 19,000 विदेशी अपराधियों और अवैध
अदला–बदली होने के कुछ ही देर बाद, कई परिवार यूक्नेन के चेर्नीहीव क्षेत्र के एक अस्पताल	प्रवासियों को देश से निकाला जा चुका है। इनमें भी सबसे अधिक पंजाबी शामिल हैं। सरकार
में पहुंच गए जहां कैदियों को लाया जाना था। कुछ देर बाद कई बसें अस्पताल परिसर में आई	के आंकड़ों के मुताबिक, 2024 में 1,08,130 से अधिक लोगों ने यूके में शरण के लिए आवेदन
और उनमें से कमजोर और थके प्रतीत होते सैनिक वाहनों से बाहर निकले। वाहनों से निकलने	किया, जो 1979 के बाद सबसे अधिक संख्या है। इनमें से 32 प्रतिशत लोग छोटी नावों के जरिए
के दौरान से इनके चेहरे अपने लोगों को परिसर में मौजूद देखकर खिल उठे। इससे पहले रूस	पहुंचे थे। यूके सरकार ने अवैध प्रवासियों को नौकरी देने वाले नियोक्ताओं पर भारी जुर्माने का
के रक्षा मंत्रालय ने बुधवार को कहा था कि उसने गंभीर रूप से घायल 22 अतिरिक्त यूक्रेनी	प्रावधान किया है। किसी अवैध कर्मचारी को रखने पर मालिक को 60,000 पाउंड (लगभग 60
बंदियों को ''सद्भावना के तौर पर'' रिहा किया है।	लाख रुपये) तक का जुर्माना भरना पड़ सकता है।
जेलेंस्की ने कहा कि उन्हें एक अलग वार्ता प्रक्रिया के माध्यम से वापस किया गया। माना	वर्तमान में यूके में सात लाख से अधिक पंजाबी प्रवासी रह रहे हैं, जिनमें बहुसंख्यक सिख
जा रहा है कि रूसी राष्ट्रपति व्लादिमीर पुतिन ने अस्थायी संघर्ष विराम के बारे में अमेरिकी	समुदाय से हैं। 2008 के बाद स्टडी वीजा में दी गई ढील के कारण बड़ी संख्या में पंजाब से
राष्ट्रपति डोनाल्ड ट्रंप से बातचीत के वक्त 23 कैदियों को रिहा करने का वादा किया था। संख्या	युवा यूके पहुंचे। नवीनतम आधिकारिक आंकड़ों के अनुसार, यूके में दस लाख से अधिक छात्रों
में बदलाव के कारण पर तत्काल कोई टिप्पणी नहीं की गई। युद्धबंदियों के उपचार के लिए यूक्रेन	की दूसरी भाषा अंग्रेजी है, जबकि जिन छात्रों की पहली भाषा अंग्रेजी नहीं है, उनमें पंजाबी सबसे
के समन्वय मुख्यालय के प्रेस कार्यालय के प्रमुख पेट्रो यात्सेंको ने कहा कि कैदियों के	अधिक बोली जाने वाली भाषा है। यूके में रह रहे पंजाबी समुदाय पर इस कार्रवाई का व्यापक
आदान-प्रदान के लिए व्यापक तैयारी की आवश्यकता होती है।	असर पड़ सकता है, क्योंकि वहां बड़ी संख्या में पंजाबी प्रवासी छोटे व्यवसायों और रेस्तरां
	त्रद्योग से जडे हार हैं।

MIDNIGHT REPORTER



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How Uttarakhand Is Shaping The Future Of India's Tourism **Industry Through Heritage Conservation**

Explore Uttarakhand's rich heritage through its ancient temples, forts, and conservation century, the temple follows the Koti-Banal architectural style, utilizing both stone and wood, efforts, shaping the future of India tourism with sustainable development.

Uttarakhand, often celebrated as the 'Land of the Gods,' is a stunning blend of natural wonders and rich cultural heritage. Situated amidst the majestic Himalayas, this northern Indian

state is famous for its breathtaking landscapes, sacred temples, and deep-rooted traditions. Manas Khand Mandir Mala Mission

The Manas Khand Mandir Mala Mission is a groundbreaking initiative by the Uttarakhand government, designed to develop and promote the ancient Puranic temples in the Kumaon region

Jageshwar Temple Complex in Almora

Nestled in the tranquil Jataganga river valley, the Jageshwar Temple Complex is a revered Hindu pilgrimage site surrounded by dense deodar forests. Known for its peaceful atmosphere and architectural magnificence, the complex consists of 125 ancient temples, dating back to the cultural significance. These forts attract visitors with guided tours, historical exhibitions, and 7th to 14th centuries

Timmarsain Mahadev

Timmarsain Mahadev, often referred to as Chhota Amarnath, is a sacred cave dedicated to Lord Shiva, situated at 3,600 meters above sea level in the Niti village of Chamoli district, Uttarakhand. Known for its naturally occurring Shivling made of snow, the site closely resembles the revered Amarnath shrine in Jammu and Kashmir.

Mahasu Devta Temple

Situated in Hanol village near Barkot in Uttarkashi district, the Mahasu Devta Temple is dedicated to Mahasu Devta, an incarnation of Lord Shiva. With roots tracing back to the 9th

U.S. Virgin Islands Beaches Claim Spotlight in 2025



The U.S. Virgin Islands (USVI) proudly celebrates the inclusion of two of its stunning beaches, Trunk Bay in St. John and Magen's Bay in St. Thomas, in TripAdvisor's 2025 Travelers' Choice Best of the Best Awards as among the top ten beaches in the Caribbean. This esteemed recognition underscores the USVI's dedication to preserving its natural beauty and providing travelers with an unforgettable escape of sun, sand, and tranquility.

Known for their crystal-clear waters, soft sands, and welcoming ambiance, these beaches have long been cherished by both locals and visitors. Their placement in the 2025

rankings further solidifies the USVI's reputation as a premier destination for beach lovers worldwide. "This honor is a testament to the beauty and appeal of our islands," said Joseph Boschulte, Commissioner of Tourism for the U.S. Virgin Islands. "Our beaches offer not only relaxation but also a gateway to explore the vibrant culture, rich history, and warm hospitality of the USVI.'

Spain's New Tourist Rules Set To Impact 90 Million Visitors In 2025



Spain's new tourist rules, including taxes and behavior restrictions, are set to impact 90 million visitors in 2025.

Spain has long been a favorite vacation destination for British travelers, attracting millions each year. In 2024, British tourists made up the largest portion of the 94 million visitors who flocked to Spain However, while visitors adore Spain's paella and historic sights, locals are growing increasingly frustrated with the impact of tourism, citing overcrowding and a housing shortage in popular spots. This has led to a series of

with intricate carvings

Historical Naulas of Uttarakhand

Naulas, the traditional water harvesting systems of Uttarakhand, are integral to the state's heritage. These ancient structures, often intricately carved and positioned near temples or villages, have been used for centuries to collect, store, and recharge groundwater. Beyond their utility, Naulas hold cultural and religious significance, often linked to local deities and rituals. Sir George Everest's Residence, Mussoorie

The restoration of Sir George Everest's residence in Mussoorie is an essential project aimed at preserving the legacy of this renowned figure in geography and mountaineering Forts in Uttarakhand

Uttarakhand is home to several historical forts, each symbolizing the region's strategic and opportunities for photography

Protected Monuments of Uttarakhand

The state is home to several protected monuments under the Archaeological Survey of India (ASI) and state archaeology. Notable sites include the Narayankoti Group of Temples in Rudraprayag and the Vaitarni Group of Temples in Gopeshwar, known for their elaborate carvings and ancient inscriptions.

Banasur's Fort, Lohaghat - Situated in Lohaghat at 1,859 meters above sea level, Banasur's Fort is located near Karnarayat, about 7 kilometers from Lohaghat, and can be reached after a 1.6-kilometer walk from the main road

Egypt Stages A Historic Global Spectacle With Grand Egyptian Museum's Majestic



Prime Minister Mostafa Madbouly has confirmed that the Grand Egyptian Museum's grand opening will occur on July 3rd, bringing together monarchs, heads of state, and important dignitaries. The event will receive extensive global media coverage, with the government ensuring maximum security measures at the airports welcoming attendees. The three metro stations near the museum will be completed with rooftop structures ahead of the opening, and the surrounding roads will be up-

graded to improve traffic flow. The celebrations will extend beyond Cairo and Giza, with various events planned across multiple governorates in Egypt.

Saudi Arabia's Taif Emerges As A Dynamic Hub **Of Heritage And Modern Tourism**



Nestled in a scenic valley surrounded by lush gardens and towering mountains, Taif is a charming city in Saudi Arabia, situated around 40 miles from Makkah. It holds profound significance in Islamic his-

tory. This city is particularly noted as the

protests in cities like Barcelona and Tenerife, prompting local authorities to implement stricter regulations

If you're planning a trip to Spain or the Canary Islands, it's important to be aware of these new rules to avoid fines or unexpected charges. Here's a rundown of Spain's latest tourist regulations:



site where Prophet Muhammad (PBUH) faced numerous challenges while

spreading the teachings of Islam. Despite enduring opposition and hostility from local tribes, he displayed immense patience and compassion, choosing to pray for the people's well-being rather than seeking

One of Taif's significant historical landmarks is Masjid Abbas, located near the remnants of the ancient Taif wall. It is here that Prophet Muhammad (PBUH) was wounded by a group of young men after he extended an invitation to the Arab chieftains to embrace Islam.

When Angel Jibreel (AS) offered to collapse the city between the mountains as a consequence for its people's actions, the Prophet (PBUH) chose compassion over destruction, praying for their well-being instead. In present times, the area has evolved into a lively market, complete with picturesque walkways, dining options, and leisure amenities.

Visitors can immerse themselves in the essence of traditional Arab culture, experiencing age-old household practices within a contemporary environment that honors the city's rich history

Taif holds a crucial position in Saudi Arabia's agricultural industry, with one of its standout attractions being the famous Al-Quraish Rose Factory, founded by the Quraish tribe.